

WORKSHEET: CHOOSING THE RIGHT MENTAL HEALTH CARE FOR YOU

Finding the right way to care for your mental health should not be hard, but it can be. Mental health care can look different for everyone, and you don't need to choose just one option. Research shows that a combination of methods can be extremely helpful, especially when combined with culturally responsive care. Options include therapists, psychiatrists, primary care providers, healers, faith leaders, community members, loved ones, doulas, self-help practices, and more.

You may find it helpful to do some additional reading before filling out this worksheet.

- For more information on the different types of mental health professionals, use MHA's Types of Mental Health Providers page (mhanational.org/types-mental-health-professionals).
- To learn more about the various options for mental health care, go to MHA's Community Care (mhanational.org/bipoc-mental-health/community-care) and Culturally Based Practices (mhanational.org/bipoc-mental-health/culturally-based-practices) pages.

Use the prompts below to help you find the right combination of mental health care for you.

1. WHAT KIND OF SUPPORT ARE YOU LOOKING FOR?

(Check all that apply)

Talk to someone who is formally trained in caring for mental health:

- Therapist
- Psychiatrist
- Doctor
- Healer
- Doula
- Other: _____

Talk to someone about my faith/spirituality:

- Faith leader
- Faith-centered therapist
- Community member

Talk to someone about my culture/identity:

- Culturally responsive therapist
- Culturally responsive doctor
- Community member
- Loved ones
- Culture-specific support groups
- Online support forums

Connect with my community:

- Loved ones
- Support groups
- Community members
- Nature

Another type of support:

- _____

2. OTHER CONSIDERATIONS:

- Finances are not a concern for me

- Finances are a concern for me
 - I don't have insurance
 - I do have insurance

- My immigration status is a concern for me
 - I need someone who I can trust with my status
 - I need someone who can help me navigate systemic obstacles related to immigration
 - I need someone who does not require insurance

Languages I am comfortable with my practitioner using:

The person I work with must be familiar with these areas:

- My faith
- My culture
- Traditional, non-Western medicine
- Formal Western training (such as formal education degrees, medical training, etc.)
- Other: _____
- Other: _____

PUTTING IT ALL TOGETHER

Review your answers to Question 1 and make a list of all the types of support you are interested in:

Review your answers to Question 2 and list all of the considerations that you are looking for in a mental health care provider:

***TIP:** If you have insurance, look on your insurance website or call the number on the back of your card to see which options for mental health care are covered. Use the information from above to ask questions in your initial communication with suggested providers.

If you do not have insurance or if your insurance does not cover the supportive care you need, look online or ask those in your community who they recommend. Once in contact with a potential provider, ask if they offer a "sliding scale rate" or have any other financial accommodations they can provide, such as a payment plan or pro-bono (free) sessions. Use the information from above to ask questions in your initial communication with suggested providers.